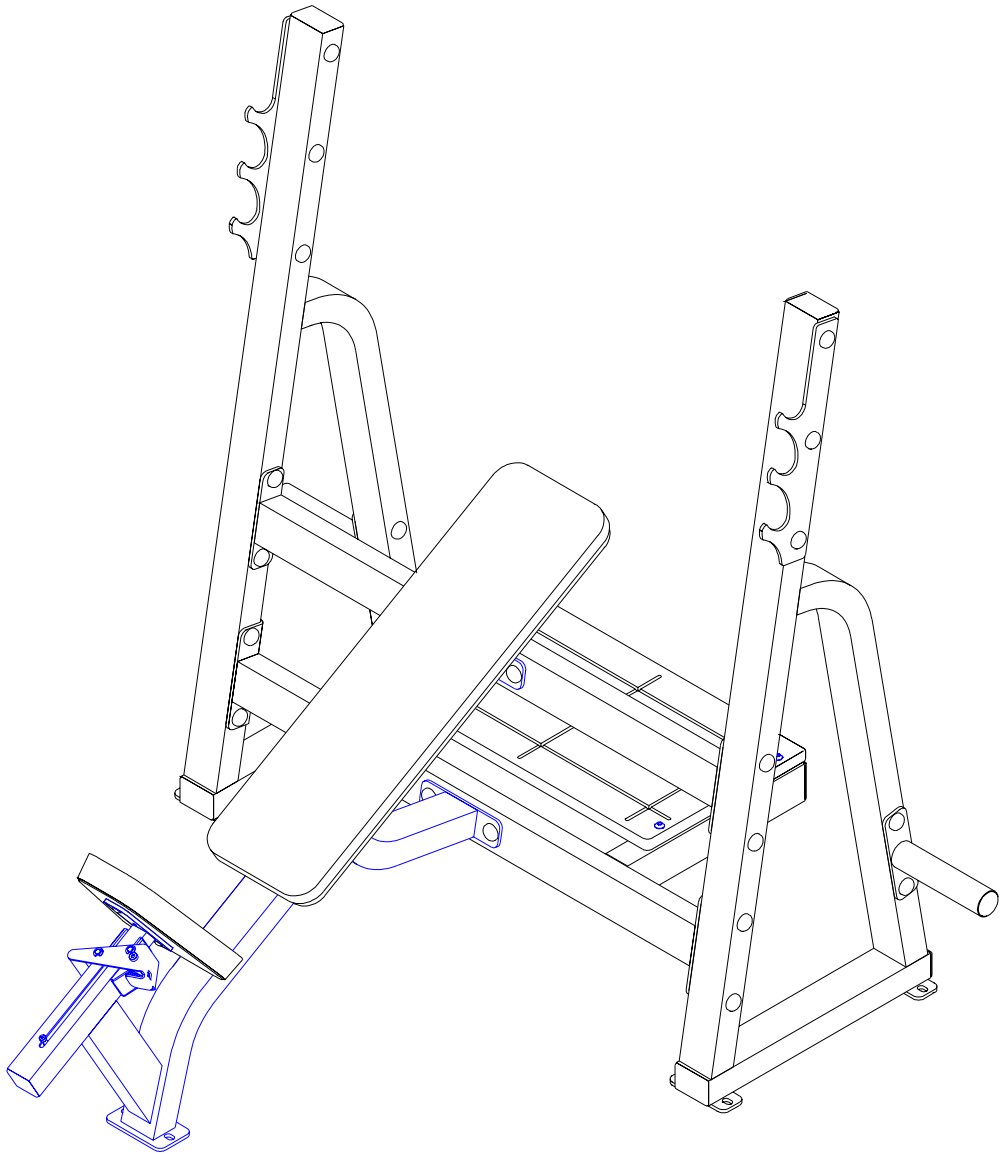
CLUB SERIES OLYMPIC INCLINE BENCH



ASSEMBLY INSTRUCTIONS

PARTS LIST

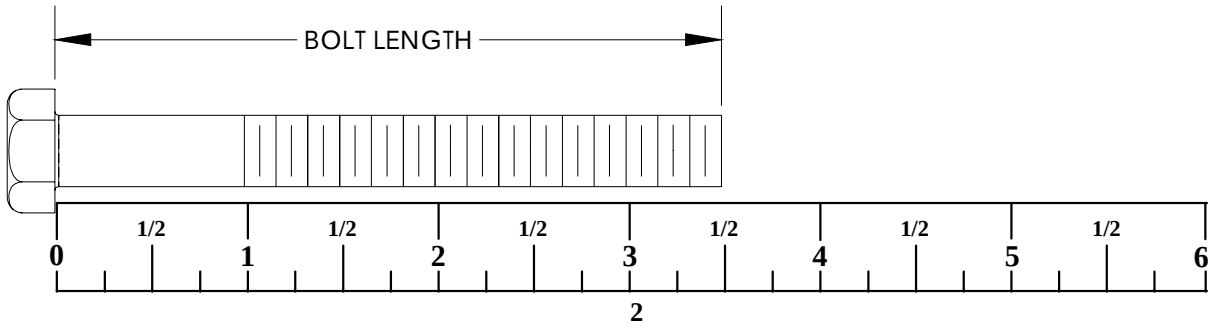
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	xx	UPRIGHT	2		11	3102922	3/8 X 2-3/4” BOLT	6
2	xx	SPOTTER SUPPORT	1		12	3102905	3/8 X 3-3/4” BOLT	18
3	xx	CROSS BRACE	1		13	3102807	3/8” LOW HEIGHT LOCK NUT	26
4	xx	BENCH FRAME	1		14	3102514	3/8” SAE WASHER	48
5	xx	FOOT PLATFORM	1		15	6866701	3/8” RH WASHER	52
6	xx	BACK PAD	1		16	6866601	BLACK RH CAP	10
7	xx	SEAT PAD	1		17	6866602	WHITE RH CAP	42
8	xx	BAR SUPPORT RACK	2		OR	6866603	PLATINUM RH CAP	42
9	xx	WEIGHT HORN	2		18	32024xx	3/8 X 4-1/4” BUTTON HD BOLT	4
10	3102901	3/8 X 1-1/4” BOLT	2					

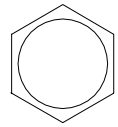
Tools Required for Assembly

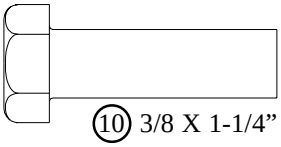
* Rubber mallet or hammer
* 9/16” wrench
* Ratchet with 9/16” socket
* 3mm Allen wrench

Bolt Length Ruler

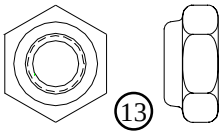
NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



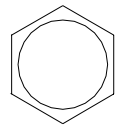


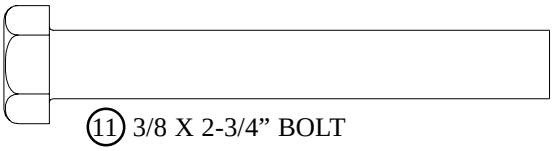


(10) 3/8 X 1-1/4” BOLT

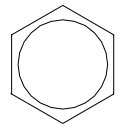


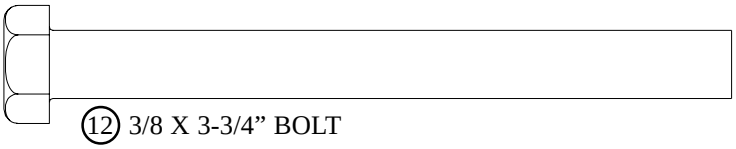
(13) 3/8” LOW HEIGHT LOCK NUT



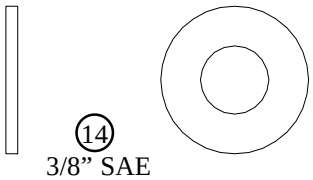


(11) 3/8 X 2-3/4” BOLT

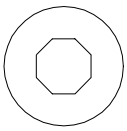


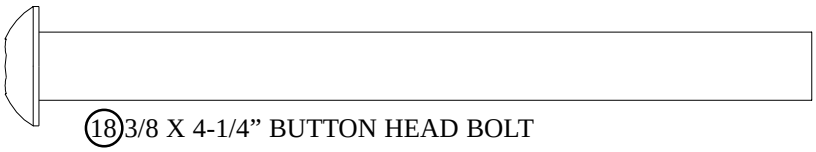


(12) 3/8 X 3-3/4” BOLT

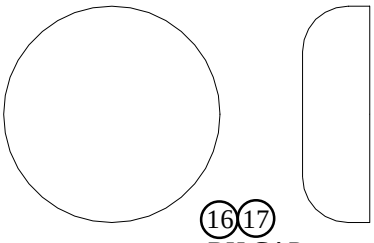


(14) 3/8” SAE WASHER

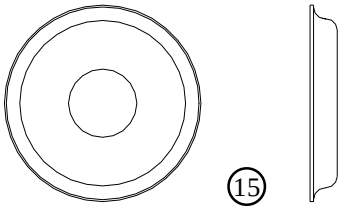




(18) 3/8 X 4-1/4” BUTTON HEAD BOLT

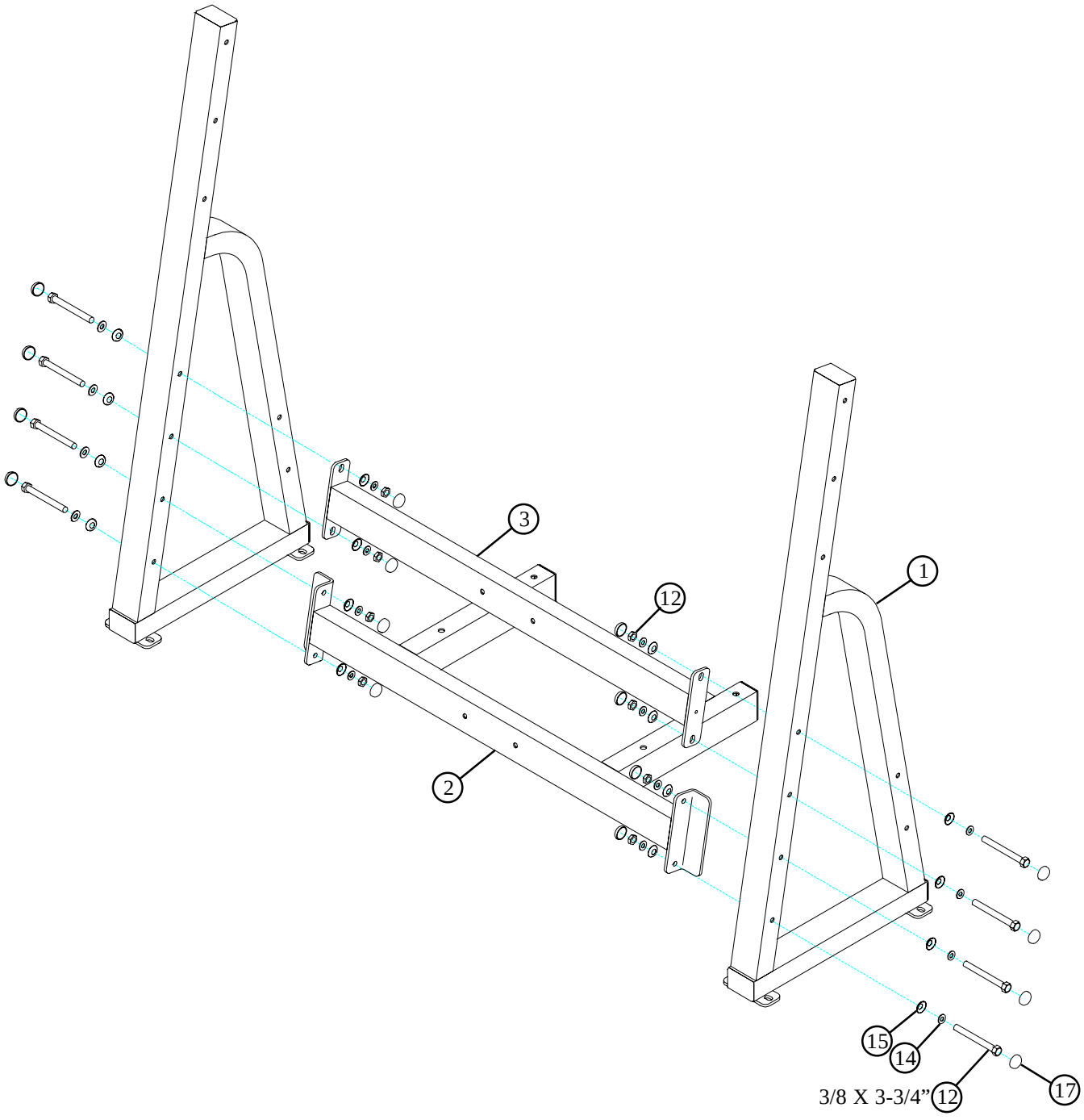


(16) (17) RH CAP (BLACK/WHITE/PLATINUM)



(15) RH WASHER

FIGURE 1



STEP 1:

- **LOOSELY** assemble the two UPRIGHTS (1) to the SPOTTER SUPPORT (2) and the CROSS BRACE (3) using sixteen RH CAPS (17), eight 3/8 X 3-3/4" BOLTS (12), sixteen 3/8" SAE WASHERS (14), sixteen 3/8" RH WASHERS (15) and eight 3/8" LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 1.

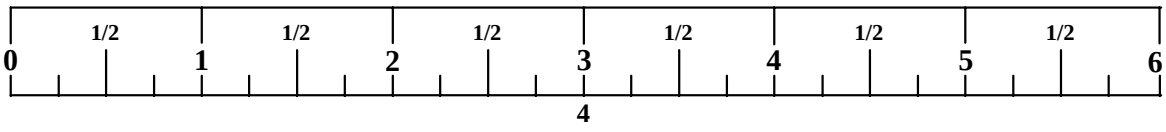
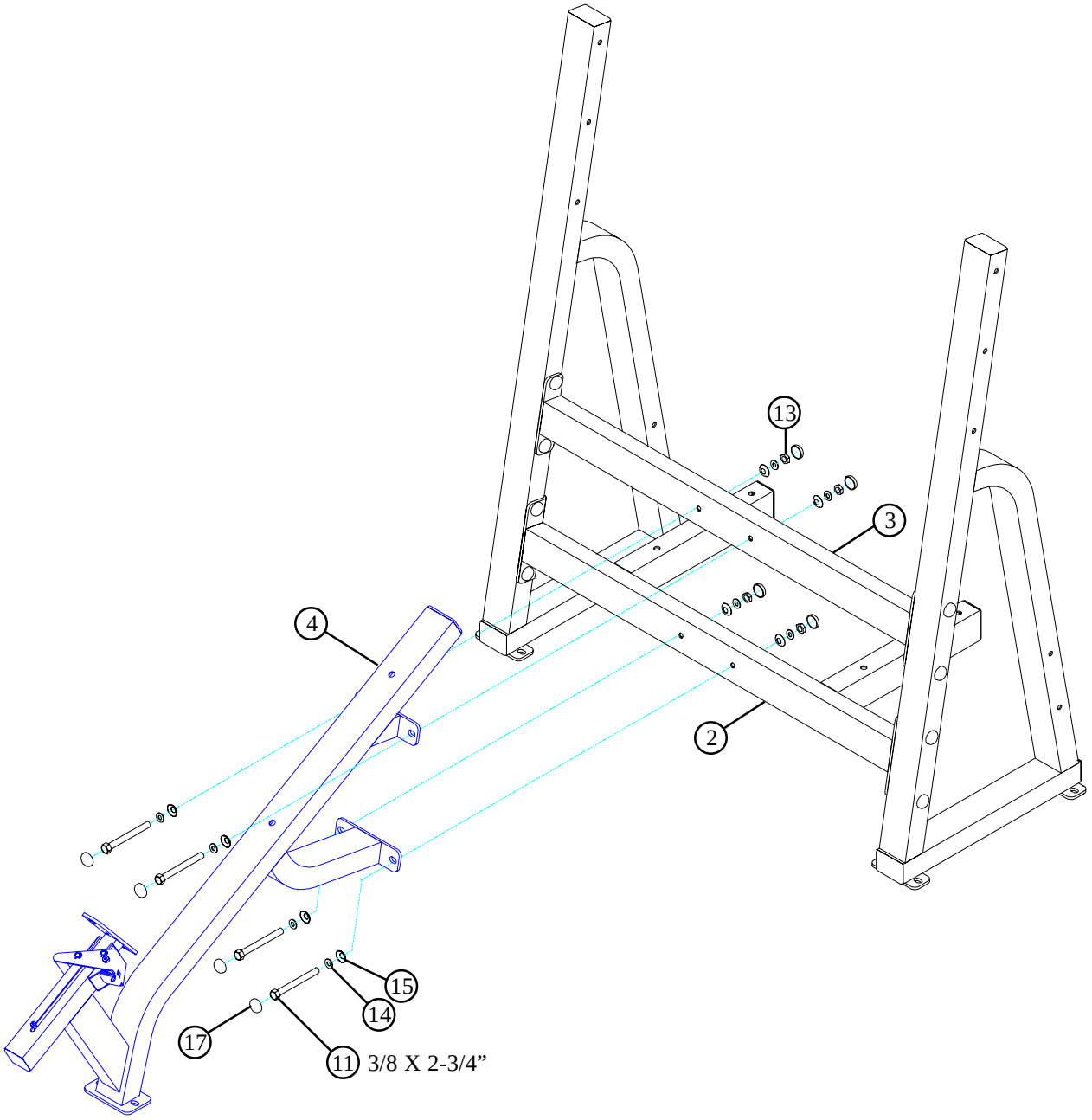


FIGURE 2

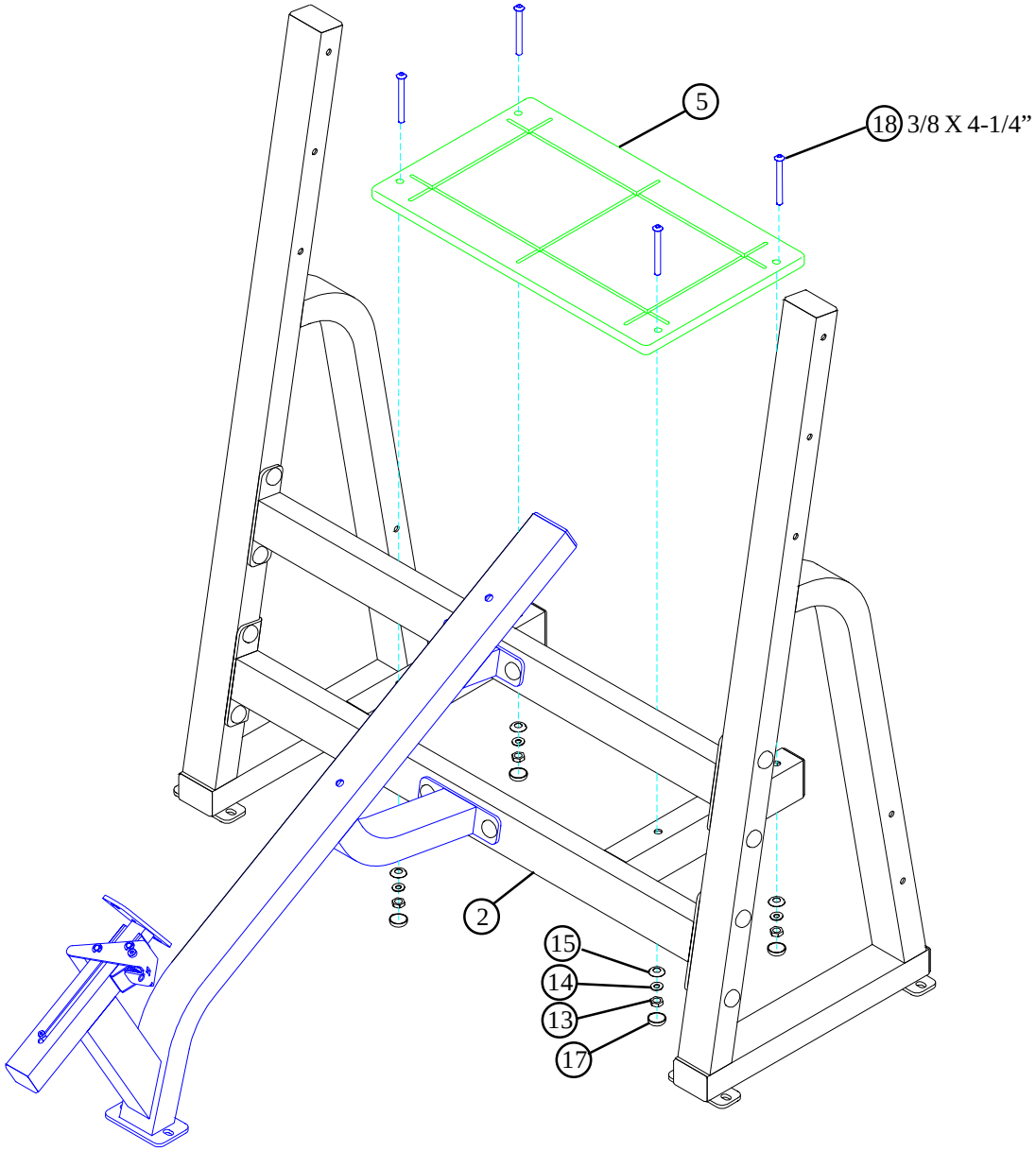


STEP 2:

- **LOOSELY** assemble the BNECH FRAME (4) to the SPOTTER SUPPORT (2) and CROSS BRACE (3) using eight RH CAPS (17), four 3/8 X 2-3/4” BOLTS (11), eight 3/8” SAE WASHERS (14), eight 3/8” RH WASHERS (15) and four 3/8” LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 2.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (17) over the RH WASHERS (15) on all tightened connections**.

FIGURE 3



STEP 3:

- **SECURELY** assemble the FOOT PLATFORM (5) to the SPOTTER SUPPORT (2) using four 3/8 X 4-1/4” BUTTON HEAD BOLTS (18), four RH CAPS (17). four 3/8” SAE WASHERS (14), four 3/8” RH WASHERS (15) and four 3/8” LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 3.

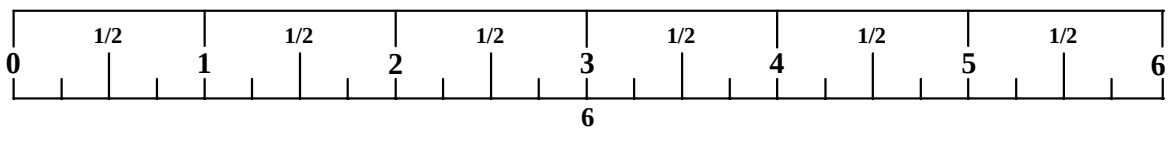
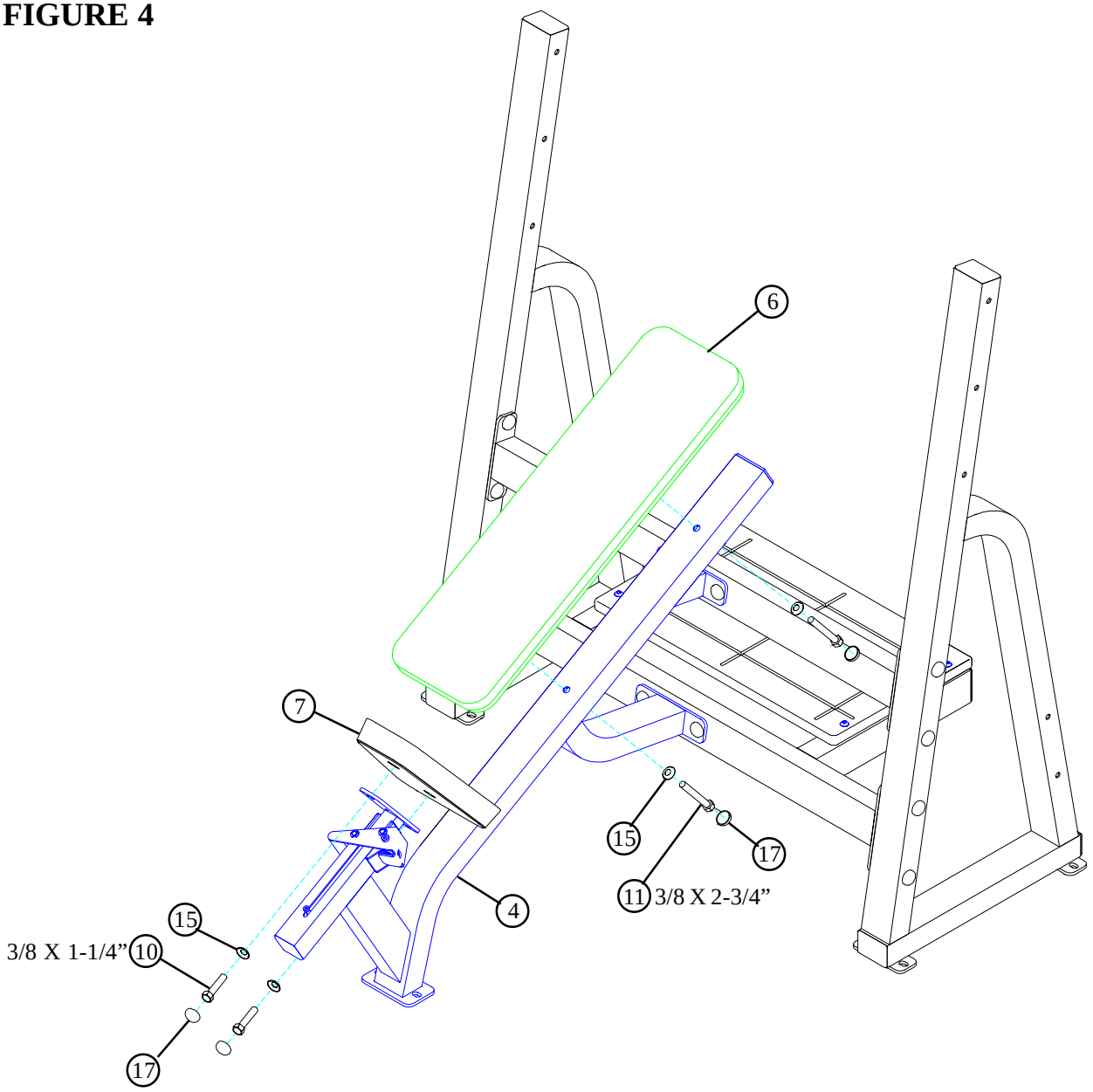


FIGURE 4

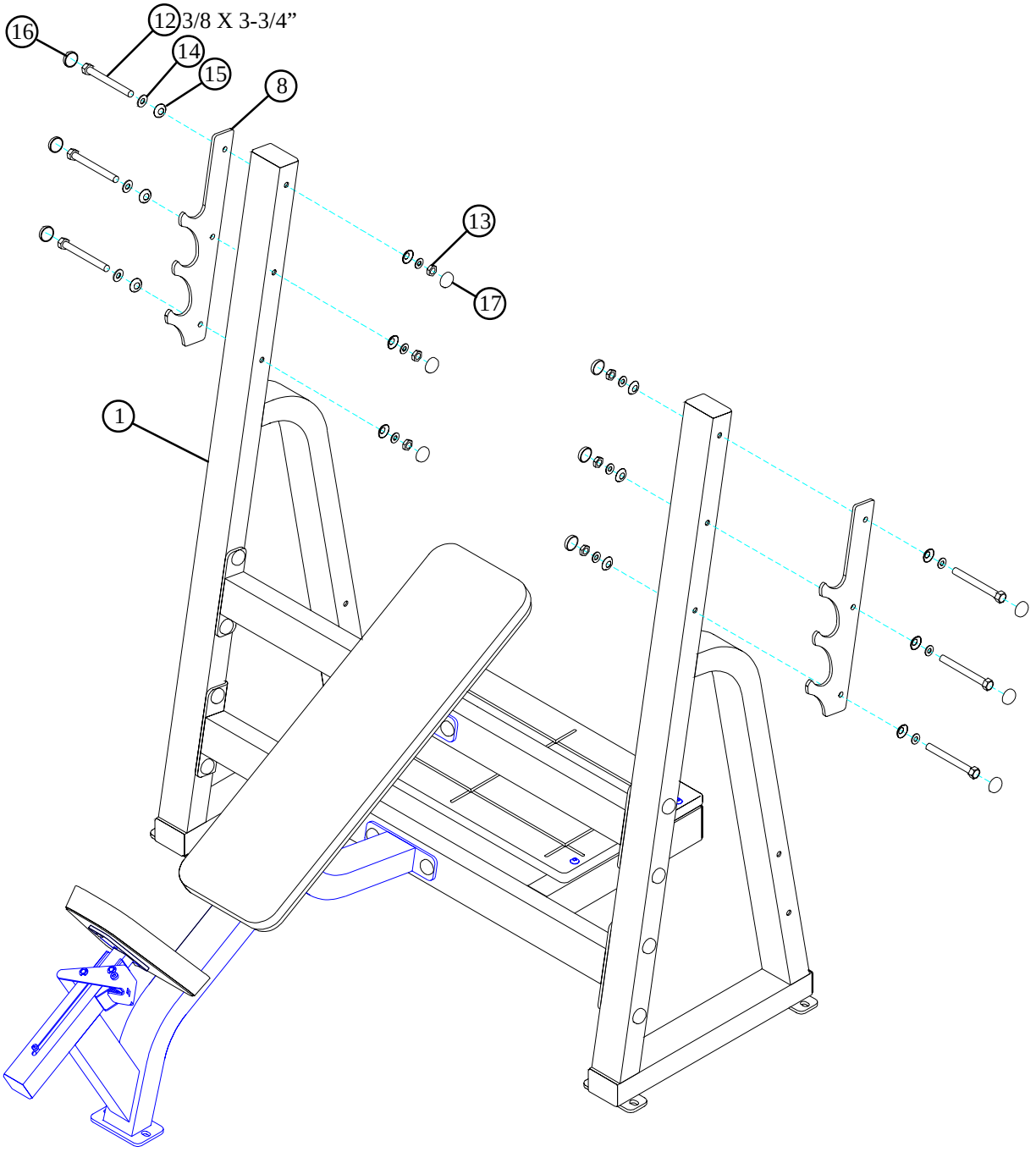


STEP 4:

- **SECURELY** assemble the BACK PAD (6) to the BENCH FRAME (4) using two RH CAPS (17), two 3/8 X 2-3/4” BOLTS (11) and two 3/8” RH WASHERS (15) as shown in FIGURE 4.

- **SECURELY** assemble the SEAT PAD (7) to the BENCH FRAME (4) using two RH CAPS (17), two 3/8 X 1-1/4” BOLTS (10), and two 3/8” RH WASHERS (15) as shown in FIGURE 4.

FIGURE 5



STEP 5:

- **SECURELY** assemble the two BAR SUPPORT RACKS (8) to the UPRIGHTS (1) using six BLACK RH CAPS (16), six RH CAPS (17), six 3/8 X 3-3/4” BOLTS (12), twelve 3/8” SAE WASHERS (14), twelve 3/8” RH WASHERS (15) and six 3/8” LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 5.

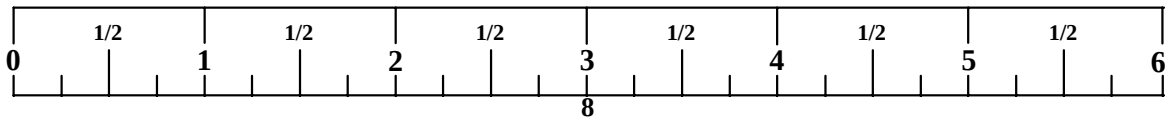
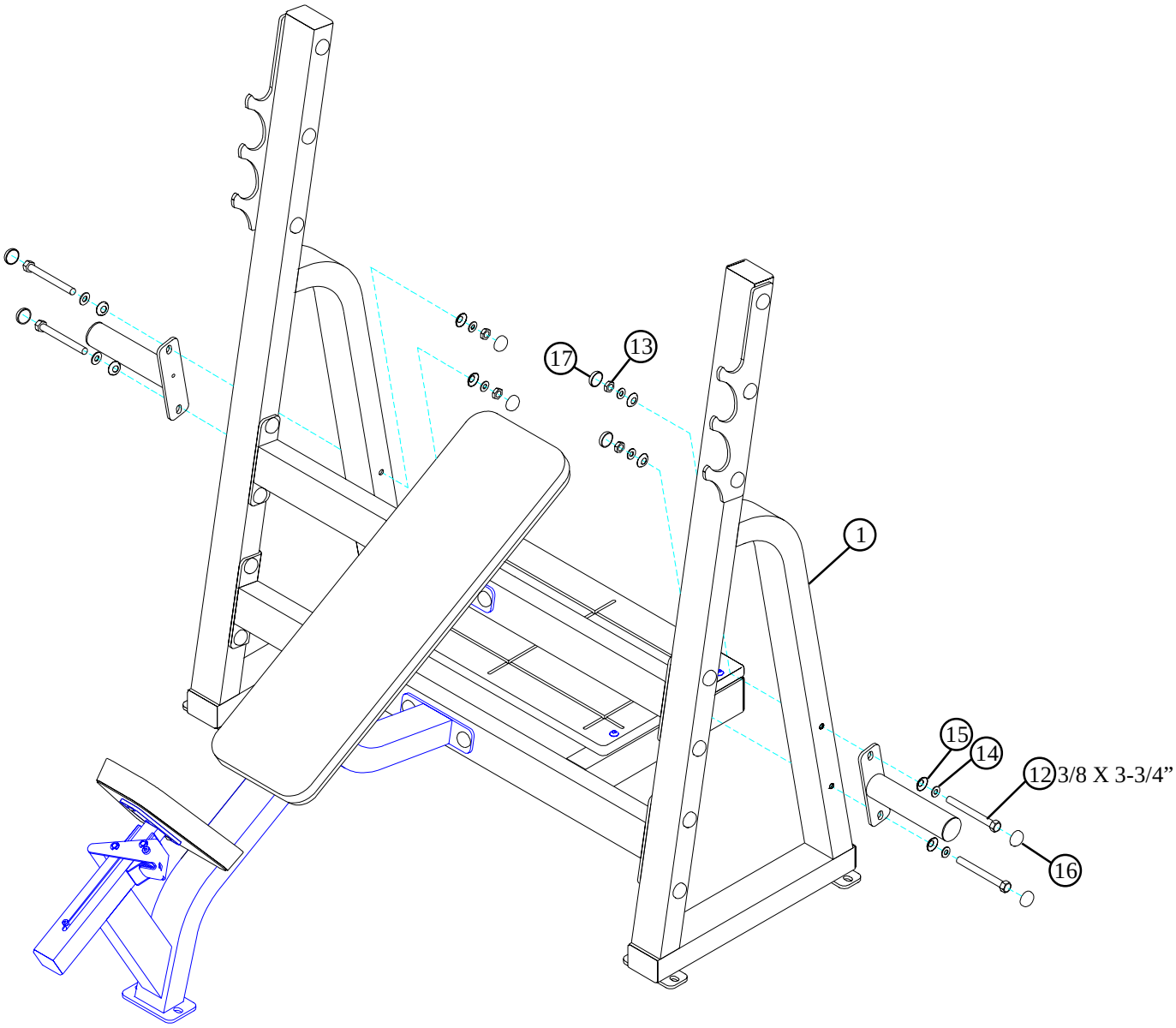


FIGURE 6



STEP 6:

- **SECURELY** assemble the two WEIGHT HORNS (9) to the UPRIGHTS (1) using four BLACK RH CAPS(16), four RH CAPS (17), four 3/8 X 3-3/4” BOLTS (12), eight 3/8” SAE WASHERS (14), eight 3/8” RH WASHERS (15) and four 3/8” LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 6.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4” deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB OLYMPIC INLCINE BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.